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Tonight's Jackpot
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THE BUILDING BLOCKS OF A BLOCKBUSTER?

WITH ALL THE PARTS IN PLACE, MAKERS OF THE LEGO MOVIE HOPE ALL THE PIECES FIT TO BUILD A BANK BEHIND THE BOX OFFICE PAGE 10

Belly up to the bar for brews

Politicians warm on Labatt request to sell cold ones on holidays — including Victoria Day, to coincide with Memorial Cup PAGE 2

Lightning quick replacement

London Lightning GM acts fast to fill hole left by Marvin Phillips' departure from franchise PAGE 15

London's own speedskater set on Sochi

Christine Nesbitt hopes injury problems are behind her as she prepares for Olympics PAGE 16

NEWS WORTH SHARING.

EN ROUTE TO JUNOS (AGAIN): STAR QUALITY STARTED IN LONDON

London's own hip-hop star, Shad, is among the just-announced Juno nominees. If he wins at the ceremony on March 30, it will be his second award. Story on page 3. THE CANADIAN PRESS

Pillar pulls out of Kingsmill's purchase

Pillar Nonprofit Network. Abandoned deal leaves future of historic department store up in air

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The proposed deal that would have seen the Pillar Nonprofit Network buy the Kingsmill's building has fallen through.

The reason it won't be happening, said Pillar executive director Michelle Baldwin, is because the building requires more extensive renovations than initially estimated.

"We did an initial inspection and when you do your due diligence, you go through a deeper review. I'm not going to share what that was, but it's still an exceptional building, it's in impeccable shape, a great building for somebody else, but for us and our business model it's not the right home for the social-innovation shared space," she said.

The plan, announced last November, included community groups Emerging Leaders, the London Arts Council and the London Heritage Council as tenants in the 73,000-square-foot Dundas Street building.

Officials have said the goal of the new shared space is seeing non-profits, social enterprises, businesses with a social purpose and entrepreneurs come together in a co-work environment to develop new ideas designed to create social change.

The building was put up for sale last year when owner Tim Kingsmill announced plans to retire. Kingsmill's opened at that location in 1865.

An employee said Kingsmill was unavailable for comment Tuesday.

Baldwin said the search will continue with a focus on other downtown locations.

"We are looking to explore other options and have other buildings in mind," she said.

Those locations, for the time being, will remain confidential.

"This is a journey, and we will find the right home," she said.

Quoted

"We had a sense about the renovation costs, and we were looking at other options."

Pillar executive director Michelle Baldwin

City hall cheers plans to sell beer on holidays

Labatt Breweries. City will have to move fast before Memorial Cup

MIKE DONACHIE
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Everybody likes a party, and city council members have proved no exception.

There was an outpouring of enthusiasm at city hall Tuesday for Labatt Breweries' request to sell beer on certain holidays — especially Victoria Day, to coincide with London hosting the Memorial Cup from May 16 to 25.

If it goes ahead, the idea will rely on the brewery's status as a tourist attraction to get an exemption to the law banning retail sales on holidays.

But if they're to get everyone to swallow the idea, they'll need to get it brewing right away. "We have a very tight, tight timeline in order to make the regulations, but it is doable," city clerk Cathy Saunders told the corporate services committee.

The Labatt request can only be approved if it's proved to be good for tourism, Saunders said, and more information will be needed from the brewery before it can be considered.

The procedure required by law also includes a public-participation meeting — which must be advertised to the public with 30 days' notice — and the city will have to draft a special bylaw.

The brewery has made a "compelling" case, said Mayor Joe Fontana, to "capture the opportunity" of the Memorial Cup. Colleagues agreed, with Coun. Bud Polhill saying a Labatt tour is a "highlight" of any visit to London.

Coun. Harold Usher said about the holiday opening: "At first glance, middle glance and last glance, I get all excited about this."

Staff was told to work on taking the plans forward. The final decision will rest with full council.

Brewing beer for more than 160 years

- The history of Labatt in London started in 1847 with its founder, John Kinder.
- He founded a brewery on Simcoe Street, in partnership with Samuel Eccles, but was sole owner by 1855.
- Now the tours of the Labatt Brewery attract more than 5,500 visitors every year.
- The company has written to the city to ask for permission to run tours — and sell beer in its adjacent retail store — on Victoria Day, Canada Day, Labour Day and Thanksgiving.

A special request to open on holidays will, if approved, cover retail sales and guided tours of the Labatt brewery, including production lines like the one shown here. TORSTAR NEWS SERVICE FILE

OWN. Western prof, team star in To Catch a Killer

A team from Western University is about to hit prime time.

To Catch a Killer will debut this month on OWN: Oprah Winfrey Network (Canada), featuring police officer turned professor Mike Arntfield.

Each one-hour episode of the show, at least some of which was filmed in London, introduces a different cold case and shows how Arntfield and his team of tech-savvy civilians use a variety of approaches to crack the mystery.

Arntfield has also developed two courses for Western's department of English and writing studies.

One course examines the importance of delivering airtight legal documents for use in processes like criminal prosecution.

The other is a fiction-writing class that share's Arntfield's 15 years of police experience with prospective crime novelists. METRO

On the web

For more local news visit metronews.ca

Jan. 20 story

Clarification

The Ethio-Canadian Association of London is not launching a reform effort to overcome a "fractured past" as stated in a Jan. 20 story published in Metro, the association's president Gizaw Kebede says.

He says incorrect information about the group was provided by sources who have no authority to speak on behalf of the association. Kebede says there has been no conflict in the association and it has not been involved in conflicts among individuals. The group represents Ethiopians in London. METRO

Storage locker

Man charged for child porn

A discovery in a storage locker has led to a London man's arrest.

The London Police Cyber Crime Unit got involved after someone reported finding child pornography on an abandoned computer system.

The images were found while clearing out a storage locker that was no longer in use.

Richard Wilkinson, 61, was charged Friday with two counts of possession of child pornography. METRO

Woodstock

Mystery shopper scam in effect

Police are warning people to be suspicious of unexpected cheques in the mail. They received a report of mail delivered with a cheque inside and a letter identifying the recipient as a successful candidate to become a mystery shopper.

She was told to buy products and conduct investigations of Western Union and MoneyGram to ensure employees were following rules, police said. An investigation linked the cheque to a closed account involved in other fraudulent incidents. METRO

London's own Shad aims for second Juno

Proud Londoner.
Rapper gets ready for 'super fun work party'

MIKE DONACHIE
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The Junos are coming, and London's own hip-hop star is in the mix for a prize.

Shad, who grew up in the Forest City, was announced Tuesday as one of the nominees for Rap Recording of the Year, for Flying Colours, his fourth studio album.

Being nominated "feels nice," said Shad, who won a Juno in 2011 for TSOL, his third album.

"I think my first nomination was in 2008," he continued, "so just to still be here doing something I enjoy and I'm recognized for — it feels great.

"Also it's great for my team, and it recognizes all their work."

The team's a big part of his success, he said, because his work has a whole "industry" of support behind it.

And Shad can't wait to get to Winnipeg for the big night when the winners are announced March 30.

"It's like a work party but our work is fun," he said. "It's a super fun work party."

But the glitz doesn't mean he's forgotten home, and home, he said, remains London.

"It's a great place to grow up," said Shad, 31, who lived in London until he was 18-years-old. "My family's not there any more but my best friends that I will ever have, probably, are still there.

"I still visit and have close ties there. It's where I was introduced to music, through the radio stations, the video stations, also just having fun with friends through music.

"There are a lot of connections."

So what's his message to London? It's simple: Thank you.

"Huge thanks for all the support, that's definitely continued to now," Shad added. "I played there in the fall, and it felt very much like a home town, homecoming show.

"So many familiar faces were in the crowd."

MORE JUNO NOMINEE COVERAGE ON PAGE 10.

Follow Mike Donachie on Twitter @Mike_Donachie

At a glance

Shad's Flying Colours is one of five recordings competing for the Juno in the category of rap recording of the year. The others are:

- Classified by Classified
- Nothing Was The Same by Drake
- In My Opinion by Rich Kidd
- Everywhere We Go by SonReal

Past rap recording of the year Juno winners:

- **2003**: Monsters in the Closet by Swollen Members
- **2004**: Flagrant by Choclair
- **2005**: Joyful Rebellion by k-os
- **2006**: The Dusty Foot Philosopher by K'Naan
- **2007**: Black Magic by Swollen Members

Hip-hop star Shad, who was raised in London and lived here until he was 18 years old. COURTESY OF JUSTIN BROADBENT

Our heritage

Groups to mark blast from the past

Two local groups are teaming up to celebrate from whence we came.

The London Heritage Council and London Public Library will mark their second annual Heritage Fair Feb. 14 to 15.

This year's theme is Every Home Has A Story, and organizers are looking for people to share information about the past residents, and uses, of their houses. For details, check londonculture.ca or londonpubliclibrary.ca. METRO

Drop-in session

Families invited for special museum tours

Museum London is offering special lessons to home-schooled kids and at-home parents with children of all ages on Wednesdays.

They're invited along for family-friendly tours, designed to be educational and fun. It takes place each month to engage people in art and history.

It's a drop-in session which does not require registration and runs from 2 to 3:30 p.m. METRO

Keep hydrants clear

Firefighters issue snow alert

With more snow falling in London, the fire department is urging residents to clear snow from around fire hydrants for easy access in case of emergencies.

Also, with blowing and drifting, there's a possibility snow could block outdoor exhaust vents for furnaces, gas fireplaces, hot water heaters and other fuel burning appliances.

When that happens there's an increased chance of carbon monoxide building up in homes. METRO

Western plays speak a different language

An evening of one-act theatre at Western University will see actors speak a different language.

Dubbed Angst at School, the festival features two plays, one of which will have actors talking gibberish. Yes, really.

It's part of an annual event at the Althouse Auditorium at the faculty of education.

Among the productions being presented by students is New Canadian Kid, the tale of a student, Nick, who's just arrived in the country.

If you go

- Tickets for Angst at School are $15 for adults, $10 for students.
- They're available at The Grand Theatre box office or at Western's faculty of education.

"The spin on the play is he speaks English, while everyone else speaks gibberish," said the production's Greg Lavalle. "He learns to speak more and more gibberish as the play goes on."

It's a fun way of looking at the issues surrounding a new culture and language and being different.

Also being presented is the comedy This is a Test.

The shows start at 8 p.m. and will be staged Feb. 13 to 15. MIKE DONACHIE/METRO

Downtown. Business association expansion plan clears first hurdle

City council's planning committee gave the initial OK on Tuesday for businesses along Richmond Row to be lumped into the Downtown London Business Association.

The move, which still must be approved by full council, would more than double the size of what's officially considered the downtown core.

According to plans submitted to the city, the new boundaries of the downtown group would have jagged lines running as far west as the Thames River, as far north as Sydenham Street and as far east as Colborne Street.

The existing boundaries are Ridout Street on the east, Fullarton Street on the north, Waterloo Street on the west and the train tracks between York and Horton streets on the south. City staff has been asked to look into the proposed boundaries and report back to council members.

Under the new plan — pitched as a way to help Richmond Row merchants benefit from upgrades made to the core — the southern boundary would remain pretty much unchanged.

Downtown London and the Richmond Row Merchants Association have been in talks about the proposal since early 2012. METRO

By the numbers

850

Number of businesses currently included in the Downtown London Business Association.

Oh snow, not again. More winter weather expected

Oops, she's doing it again.

Mother Nature is back to dole out more wrath on the London region with another blanket of snow that's expected to continue through Wednesday.

Environment Canada is calling for up to 15 centimetres of snow.

To make matters all that much worse, there will be wind gusts in the range of 50 km/h that will likely cause severe drifting and dangerous driving conditions, especially outside of the city.

The snowfall itself isn't expected to be particularly strong, but it should be steady for a number of hours.

Spring, it should be noted, is only 43 days away. METRO

Diabetes Association

Fundraiser looking to be a runway success

Kick up your heels for a fashionable cause this Saturday at the Canadian Diabetes Association's Be Mine: A Valentine's Day Runway Show.

The night will feature shopping opportunities through a silent auction and pop-up boutiques with clothing, jewelry, vacations, household items and more.

All proceeds will go towards diabetes research, sending diabetic children to camp, diabetes education and advocacy.

Tickets are $40 in advance or $50 at the door. For more information, call 519-673-1630, ext. 228. METRO

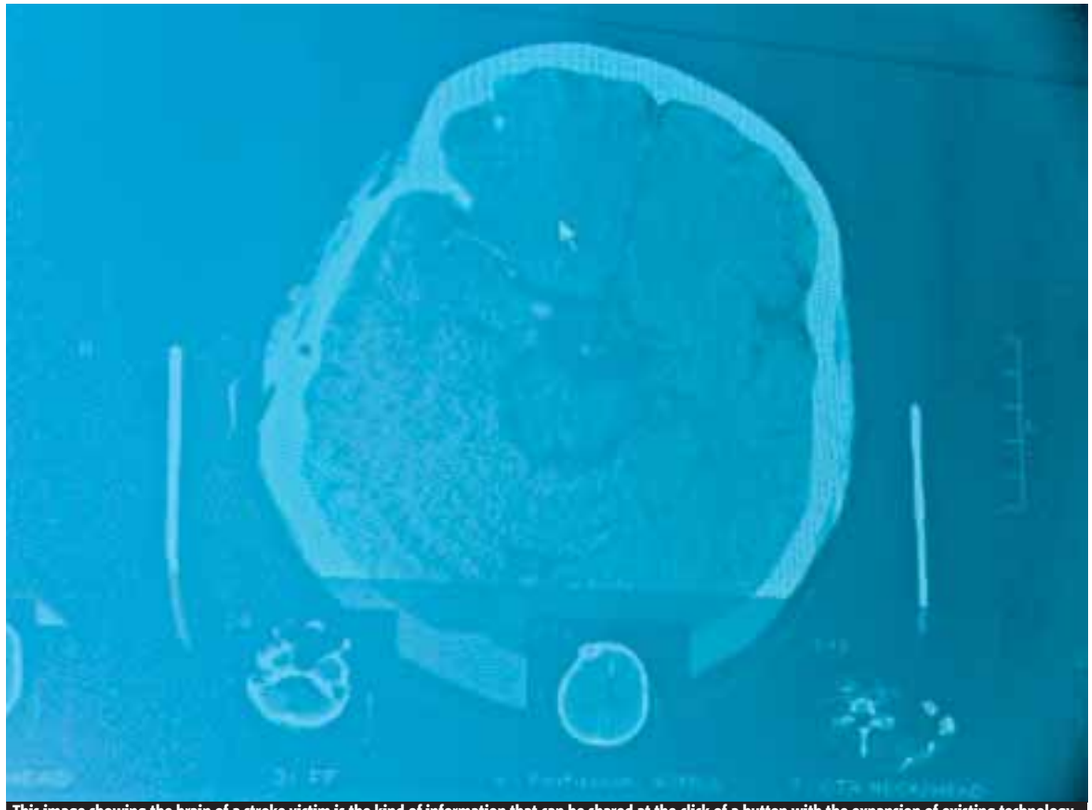
Ont. Supreme Court

Proponent of unpasteurized milk says he's getting a raw deal

A crusading farmer and his supporters are taking their self-professed right to drink unpasteurized milk, which the government calls a "significant public health risk," to Ontario's top court this week.

Raw milk farmer Michael Schmidt is arguing that by making the sale and distribution of unpasteurized milk illegal, the province is infringing on both his and his customers' basic freedoms.

But the province doesn't see it that way, arguing the law is meant to protect public health and infringes neither Schmidt's nor his customers' charter rights. THE CANADIAN PRESS



This image showing the brain of a stroke victim is the kind of information that can be shared at the click of a button with the expansion of existing technology that's being rolled out across Ontario. SCOTT TAYLOR/METRO

'A revolution' for stroke patients

ENITS. Ontario health minister says expansion of system housed at London hospital will lead to 'far better care'

SCOTT TAYLOR
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Stroke victims in more remote areas of Ontario now have better odds of recovering fully, thanks to an expansion of eHealth Ontario's Emergency Neuro Image Transfer System (ENITS).

Doctors had been using the system for head trauma victims, but it's now being expanded to provide around-the-clock care for stroke patients, as well, and the hub for all the information will be London Health Sciences Centre.

The system allows doctors in rural areas to teleconference with physicians at LHSC and electronically share brain images, such as MRIs and CT scans, to determine the best course of treatment.

Dr. Seyed Mirsattari
SCOTT TAYLOR/METRO

Ontario Health Minister Deb Matthews was at University Hospital on Tuesday to trumpet the news.

"My mantra as health minister is I have only two questions that matter to me," Matthews said. "Is it better for patients? And the second one: Is it better value for money? And this is a perfect example of an innovation — a revolution — that is far better care for patients (and better value for money)."

The system works somewhat like Skype. Doctors can teleconference on computers while sharing data in real time. It helps them make faster diagnoses, determine treatment and decide if a patient needs to be transferred to a specialized urban hospital.

Fiscally, Matthews said ENITS — which has been used since 2009 in head trauma cases — has saved "millions and millions" of dollars through patients being treated locally rather than being transported elsewhere. In fact, she said there have been 1,600 fewer transports.

At least 97 hospitals and 23 neurologists are currently on the system, while all the digital images and data are stored on a server at LHSC.

London Health Sciences Centre's Dr. Seyed Mirsattari, one of the 23 neurologists using the technology, said he's pleased so many hospitals have signed on.

"Certainly, it's an exciting time for us as neurologists to be involved with this because otherwise we would've seen these patients paralyzed," he said.

At a glance

16,000 people will experience a stroke in Ontario each year, at a cost of almost $1 billion to the economy in medical and health costs.

SOURCE: ONT. MINISTRY OF HEALTH

Edmonton

Toddler found in freezing car; woman charged

A woman in Edmonton is facing a charge after concerned citizens alerted police about a child left alone in a cold car.

Officers were called to a south-end location early Monday evening after some people noticed a child as young as two who had been left in the vehicle.

The car hadn't been running for about half an hour and the temperature at the time was -17 C. Paramedics removed the youngster, who was cold but fine. A woman has been charged with causing a child to be in need of intervention.

THE CANADIAN PRESS

Ottawa

Changes to federal election law

The Harper government is introducing legislation to toughen up parts of Canada's election law, while loosening the rules that govern political donations and party spending.

The bill includes a mandatory public registry for automated election calls and jail for anyone convicted of impersonating an elections official, said Pierre Poilievre, junior minister in charge of democratic reform. "It closes loopholes to big money, imposes new penalties on political impostors who make rogue calls and empowers law enforcement with sharper teeth, a longer reach and a freer hand," he said. THE CANADIAN PRESS

Newfoundland

Memorial prof apologizes over assignment

Memorial University says a professor has apologized for an assignment that the school's student union said made light of sexual assault and mental health.

A spokesman for the St. John's, N.L., university says John Shieh has apologized to his computer science class and replaced the question on his assignment.

The student union said students of Shieh's came forward to complain last month after he asked them to create a computer program that could help determine whether a rape victim would commit suicide.

THE CANADIAN PRESS

Harb and Brazeau first to be charged in Senate scandal

Expenses. Mounties charge one Liberal and one Conservative; investigation of Duffy and Wallin continues

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pamela Wallin.

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy $90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily in Gatineau, Que. Brazeau, like Harb, has maintained that he did nothing wrong.

THE CANADIAN PRESS

Mac Harb, left, and Patrick Brazeau, right, face charges. SEAN KILPATRICK, ADRIAN WYLD/THE CANADIAN PRESS

Rules lack clarity?

Harb and Brazeau

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay their disputed expense claims. Harb complied but Brazeau refused to reimburse the $48,000 he was asked to pay back, prompting the Senate to garnishee his salary. He was subsequently suspended without pay.

THE CANADIAN PRESS

Pickup containing dead coyotes shocks woman

Tiffiny Koback of Saskatoon posted this to Facebook. TIFFINY KOBACK/FACEBOOK

JACOB MORGAN
Metro in Saskatoon

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA.

"By the time we ordered our coffee, I couldn't talk — I was in tears."

She took out her phone to snap a picture and shared the disturbing image on Facebook. In the post she said she was able to count more than 20 dead coyotes.

Numerous Facebook users responded to express their outrage.

"What a civilized world we live in," wrote Leah Reynolds. "Beyond disturbing."

After the incident, Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

"I can't imagine having a car with a few kids in the vehicle and having to wait in line staring at that for 10 minutes," said Koback.

While she said she understands that many farmers with livestock consider the wild canines pests, she couldn't believe the brazenness of the truck driver.

"He's driving around Saskatoon with a truck box full of dead animals, so obviously he's not concerned about who sees it," she said, adding that there should be guidelines in place to prevent this kind of public display.

Rich Hildebrand, a conservation officer with the Ministry of Environment in Saskatchewan, confirmed there is an open season on coyotes in the southern part of the province. In this situation, he said, it is likely that a licensed fur trapper was operating the vehicle.

Website helps women get implants

Crowdfunding. Website allows male 'benefactors' to donate after viewing women's online profiles

CYNTHIA BIGRIGG
For Metro in Toronto

Small-breasted women who are unhappy with their cup size take note. With a few clicks of a mouse and some "friendly" conversation, women everywhere can receive a breast augmentation at the hands of a board-certified surgeon — for free.

At least, that's what crowdfunding site MyFreeImplants.com promises their members. This is how it works: Women create a profile with photos detailing why they want a breast augmentation and why they can't afford it. They then market their profiles to potential donors to raise funds for the procedure.

Men, called "benefactors," also sign up free, but they have to purchase credits, which can be used to send women of their choice messages. The women accumulate cash in their accounts for every message received. Surgeons are paid directly by MyFreeImplants for the procedures.

The site, founded in Los Angeles by Jay Moore and Jason Grunstra, was originally created to raise money so that their friend could have an augmentation.

"It was a very simple social network," said Moore. "She was able to raise the funds herself in about four months. With that kind of concept, we developed the full version of the site. It grew organically over the next couple of years and became a full-fledged social network."

The site focuses on a sense of community. Moore believes that more donors are attracted to the idea of an online friendship, rather than provocative content.

"You can get explicit content for free anywhere on the Internet," said Moore,

"Donors are looking to actually make a connection on a different level. Those donors are more likely to give larger amounts."

Dr. Jerome Edelstein, plastic surgeon at Edelstein Cosmetic in Toronto, said he sees two general demographics interested in breast augmentation.

"One is a younger age, usually in their 20s, whose breast development never got to what they would like from puberty. The second group is 'post-children,' where they've lost volume from having kids."

Holly Mendez, a 28-year-old customer service representative from Toronto, falls into both categories. She has been a member of MyFreeImplants for three weeks.

"I've had small breasts all my life," said Mendez. "I had a baby four years ago, and breastfeeding made the situation worse. I feel like if I got (an augmentation), I would feel more confident. It would just make me happy. I'm doing it for me."

Mendez believes that personal connection plays a large role in the fundraising process, and even feels that she has made a few friends in the MyFreeImplants community.

"You can talk about anything. You can talk about the weather, you can talk about cars, you can talk about their job. I just talk about whatever they want to talk about." said Mendez.

So far, Mendez has raised around $400 toward her goal of $10,000. She hopes to have the full amount within a year, but says she is enjoying her experience along the way.

"It's something fun to do online."

Holly Mendez, 28, is hoping to raise $10,000 for breast augmentation surgery. CONTRIBUTED

Better late than never?

20 years after Rwanda genocide, ex-intel chief on trial in France

With a hoist from two bailiffs, Rwanda's disabled former intelligence chief was placed in a courtroom wheelchair Tuesday — and France opened its first trial over the African country's genocide.

The trial of Pascal Simbikangwa, 54, may not reveal much new about the systematic killing of ethnic Tutsis and Hutu moderates by radical Hutus in 1994. Books on the genocide have been written, rivers of tears shed, and documentary films made. A UN war crimes tribunal and other courts have already sent dozens to prison — some for life.

But the Simbikangwa case redeems years of efforts in France by activist groups and other critics who say French officials turned a blind eye to the slaughter, helped some perpetrators to flee Rwanda, and let untold numbers of Rwandans with ties to the genocide live in France for years unpunished.

Pascal Simbikangwa
THE ASSOCIATED PRESS

Few critics have missed the fact that France, a country generally proud of its human rights record, is opening the first genocide trial it has ever held, just as the UN tribunal is preparing to end its work.

More than two dozen cases linked to the Rwandan genocide are still being investigated in France. On Tuesday, Simbikangwa, who is infirm from an auto accident in 1986, was wheeled into a glassed-in area in the courtroom, identifying himself as "Pascal Safari" — an apparent combination of his real name and his alias.

THE ASSOCIATED PRESS

Media silenced

Members of the media sit with their mouths bound by tape and cloth in the colours of the Egyptian flag, signifying the silencing of the media, at a demonstration by Kenyan and Nairobi-based foreign media calling for the release of detained Al-Jazeera journalist Peter Greste and his colleagues, outside the Egyptian embassy in Nairobi, Kenya Tuesday. Nairobi-based correspondent Greste was taken into custody in Egypt on Dec. 29 and is among 20 journalists working for Al-Jazeera, including four foreigners, who will face trial there on charges of joining or aiding a terrorist group and endangering national security — an escalation that raised fears of a crackdown on freedom of the press. BEN CURTIS/THE ASSOCIATED PRESS

Libya

Chemical weapons destroyed: Minister

Libya's Foreign Ministry said Tuesday the country's caches of chemical weapons, including bombs and artillery shells filled with mustard gas, have been completely destroyed. "Libya is totally empty of any presence of chemical weapons ... which could pose a threat to the safety of people, the environment, or neighbouring regions," Mohammed Abdel-Aziz said THE ASSOCIATED PRESS

Alaska

State votes on legal weed

Alaska voters will decide this year whether to legalize marijuana for recreational use. The Alaska Division of Elections said in an email Tuesday that a citizens' initiative has met all thresholds needed to appear on the Aug. 19 ballot. More than 31,500 signatures have been verified. THE ASSOCIATED PRESS

Quoted

"The world's attention is our only hope right now."

Oleg Komin, 32, Kyiv
Lawyer
Studied in the U.S., hopes his country will follow the West

Quoted

"I'm happy Canada's getting involved and put the visa ban on our government."

Dasha Mychailova, 19, Kyiv
International-relations student
Sees the protests from an international perspective

Quoted

"Once people wake up they don't go back to sleep."

Andrew Meakovsky, 24, Kyiv
IT specialist
Joined the protests after a law targeted freedom of speech

Quoted

"Sometimes I want to huddle in a corner; I'll have to move if things get really bad."

Yuliya Kudriavtseva, 30, Kyiv
Translator
Worked with the reporter at the protests

Youth are at the forefront of the protest movement in Ukraine, risking jail and injury to fight what they say is an attack on their freedom. CONTRIBUTED

'We want to be part of Europe, not the Soviet Union'

Ukraine. Young people are driving protests in Kyiv and fighting for their future

DYLAN C. ROBERTSON
For Metro in Toronto

During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were youth.

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps, barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human rights.

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in November when Ukraine's president pivoted the indebted country toward Russia, which offered a $15-billion bailout, instead of the European Union.

Thousands set up Occupy-style tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were attacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovsky got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovsky said many youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

"There's an unwillingness to listen; both sides won't hear each other."

Economic problems

- The minimum hourly wage in Ukraine is $0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

PR

Putin shows soft side with cuddly leopard cubs

Basking in the glow of support from International Olympic Committee chairman Thomas Bach, Russian President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea resort.

"We've decided to restore the population of the Persian leopard because of the Olympic Games," Putin said. "Let's say that because of the Olympic Games, we have restored parts of the destroyed nature."

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand and bit another on the knee. THE ASSOCIATED PRESS

Bach

Stop using Games for political gain, says IOC chief

IOC president Thomas Bach accused world leaders Tuesday of using the Sochi Olympics as a political platform "on the backs of the athletes" and of snubbing the Games without even being invited.

Three days before the opening of Russia's first Winter Games, Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Without naming any individuals, Bach's comments appeared directed at U.S. President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

The Olympics, Bach said, should not be "used as a stage for political dissent or for trying to score points in internal or external political contests." THE ASSOCIATED PRESS

Investigation

Austrian athletes threatened with kidnapping

The Austrian Olympic Committee has received an anonymous letter containing a kidnap threat against Alpine skier Bernadette Schild and skeleton pilot Janine Flock during the Sochi Games.

The letter, written in German, was delivered Monday to the mailbox of its Vienna office, AOC general secretary Peter Mennel said Tuesday.

"We have immediately alerted the Federal Criminal Agency, which is investigating the case," Mennel said.

Interior Ministry spokesman Karl-Heinz Grundboeck confirmed the ongoing investigation, adding Russian authorities had been informed and that no information would be made public if or when additional security measures were established for Schild and Flock.

The AOC said in a statement that it was "not regarding it as an acute threat at the moment." THE ASSOCIATED PRESS

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Compensation up to $100.00

KGK synergize

The revolution will be televised ... on Netflix

Survey says... 29% of Canucks subscribe to Reed Hastings's content streaming brainchild

Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. THE ASSOCIATED PRESS

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 and Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the $8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

THE CANADIAN PRESS

Market Minute

DOLLAR 90.24¢ (+0.13¢)

TSX 13,504.48 (+18.28)

OIL $97.19 US (+$0.76)

GOLD $1,251.20 US (-$8.70)

Natural gas: $5.30 US (+$0.35)
Dow Jones: 15,445.24 (+72.44)

STUFFAHOLISM KILLS

JUST SAYIN'

Paul Sullivan
metronews.ca

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

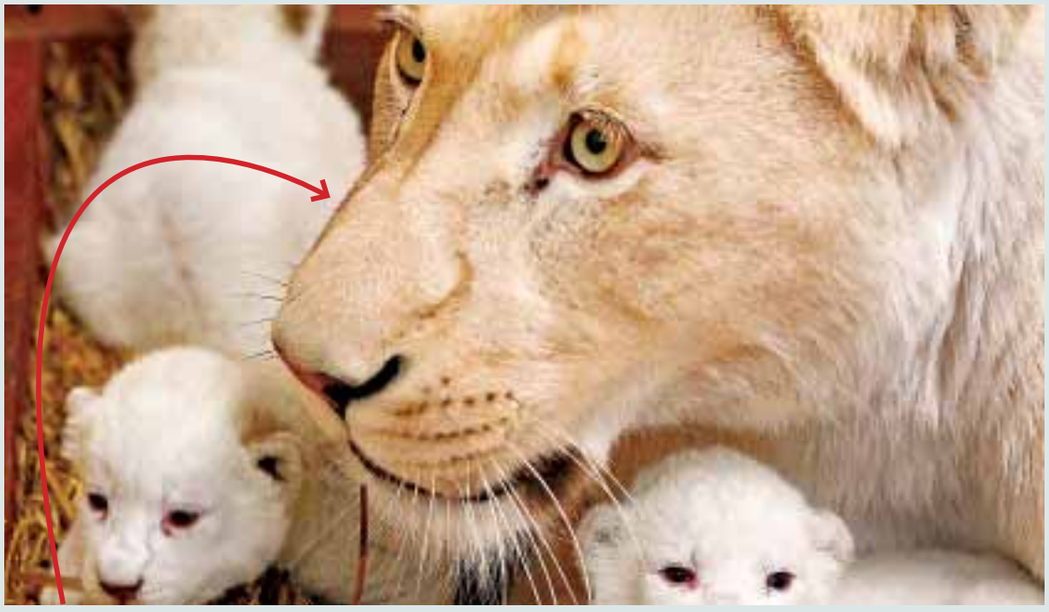
And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS

In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

THE ASSOCIATED PRESS FILE

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:
Curate a magazine filled with articles from your favourite news sites, social networks, blogs or even RSS feeds.

Feedly:
The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, magazine style format.

Twitter

A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

@wgb75 Why can"t Edmonton have a puppy cafe. A lot would be interested.

@teemodajo A crafty cafe with local artiste's wares.

@Chris_cymru board game cafe. Like snakes &lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the cat cafe.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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SCENE 2

Minifigs movie built on an idea that's been around the block

Silver screen play box. The Lego Movie latest film hoping to turn kid's toy into a blockbuster

IN FOCUS
Richard Crouse
scene@metronews.ca

Minifigures stick together to save the universe from the tyranny of Lord Business in The Lego Movie. CONTRIBUTED

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy Story series.

Toying with filmgoers' affections

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

Juno noms Reflektor Arcade Fire's heat

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be Loved and Ryder's Harmony.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS

Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress' impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting — the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue. He also reveals a 20-minute conversation with Paltrow herself about the article's future. "At one point, she asked my advice as to what to do to get the 'haters' on her side," Carter writes. "I suggested putting on 15 pounds. I joked that it works for me. She replied that I had put on much more than that." And Paltrow's efforts to kill the article did register with Carter, who recounts the actress ordering her A-list friends to "not speak to Vanity Fair about her or about anything else ever again," he writes. "Kim Jong-un couldn't have issued a more blanket demand."

Aniston regrets crop, opts for sweet extensions of youth

Jennifer Aniston reversed course on her recent cropped hairdo, having extensions put in to bring it back to a more comfortable length. "Jen had been complaining to friends that she didn't like the short hairdo. She thought she wanted a drastic change but felt it wasn't the right look for her," a source tells Radar Online. "She felt having the short hair made her look older, which she is trying to avoid. Having long hair, according to Jen, makes her look younger."

Jennifer Aniston

The Word

Hoffman introduced himself as a heroin addict

MELINDA TAUB
Metro World News

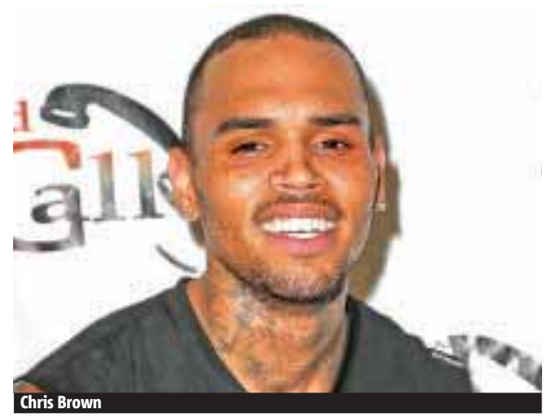
Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoffman, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,'" Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May.



Chris Brown

Brown's lawyer says yes, yes, yes, to keeping singer in rehab and out of jail

Some good news, at last, for Chris Brown. A judge has agreed that the troubled singer is "making great strides" in his current live-in rehab program and doesn't need to be in jail, according to E! News. Brown's attorney, Mark Geragos, successfully convinced the court to not interrupt Brown's treatment despite new witnesses coming forward in his Washington, D.C., assault case from last year that the L.A. County District Attorney's office argues violates his probation from his 2009 conviction for assaulting Rihanna. "I say keep things on a short leash. Keep him where he is now," Geragos argued. "He is making great strides, and all you have to do is look at him. I've known him for five years, he's as good as he's ever been."

Twitter

@kirstiealley
got a good night's sleep and no one killed me... soooo looks like project TRAIN RIDE..is going to be a hit.

@ElizabethHurley
Horrific dreams last night.... Still reeling

@MarlonWayans
This meal made no damn sense ... But we ate it

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News worth sharing.

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LIFE 3

What a winter fun-derland

Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY BUCKWORTH
life@metronews.ca

After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels.

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.

Panorama quick facts

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

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Balance ‘what can I get for you’ with ‘when’s that paper due?’

Cash between classes. There are many advantages to working while you’re in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN
TalentEgg.ca

Let your manager know that while you’re dedicated to your side job, your education invariably comes first. ISTOCK

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that’s connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don’t let anything fall off your radar.

Be proactive about deadlines

Try setting “fake” due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you’ll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven’t started yet.

Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you’ll still need to make sure you’re still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

TALENTEGG.CA IS CANADA’S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Give a little, get a little

Offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

Work hard, study hard

Treat your schoolwork like you treat your job:

- One of the hardest things about balancing course work as a student is time management, because there’s no one watching over to make sure you don’t procrastinate.
- When you’re studying, act like you’re at work: every minute counts, so make sure you’re using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

#QuestionoftheDay

@TalentEgg: What’s the most important skill you use in your day?

@IbukunOL
Time management!

@saraherodrigues
Keeping an open mind! #QuestionOfTheDay

@ademoba
Critical thinking

@ademoba
start your career in finance, stick with it and do a CFA

@MonMc:
Today it’s public speaking.

@laura_riina:
Adaptability!

@Recruit_Campus:
RELATIONSHIP MANAGEMENT-with team members, executives, hiring managers, peers, school contacts, candidates...

@amreenazam:
Communication! Being able to clearly articulate your thoughts and ideas is extremely important.

@MarinighPR:
Organizational skills!

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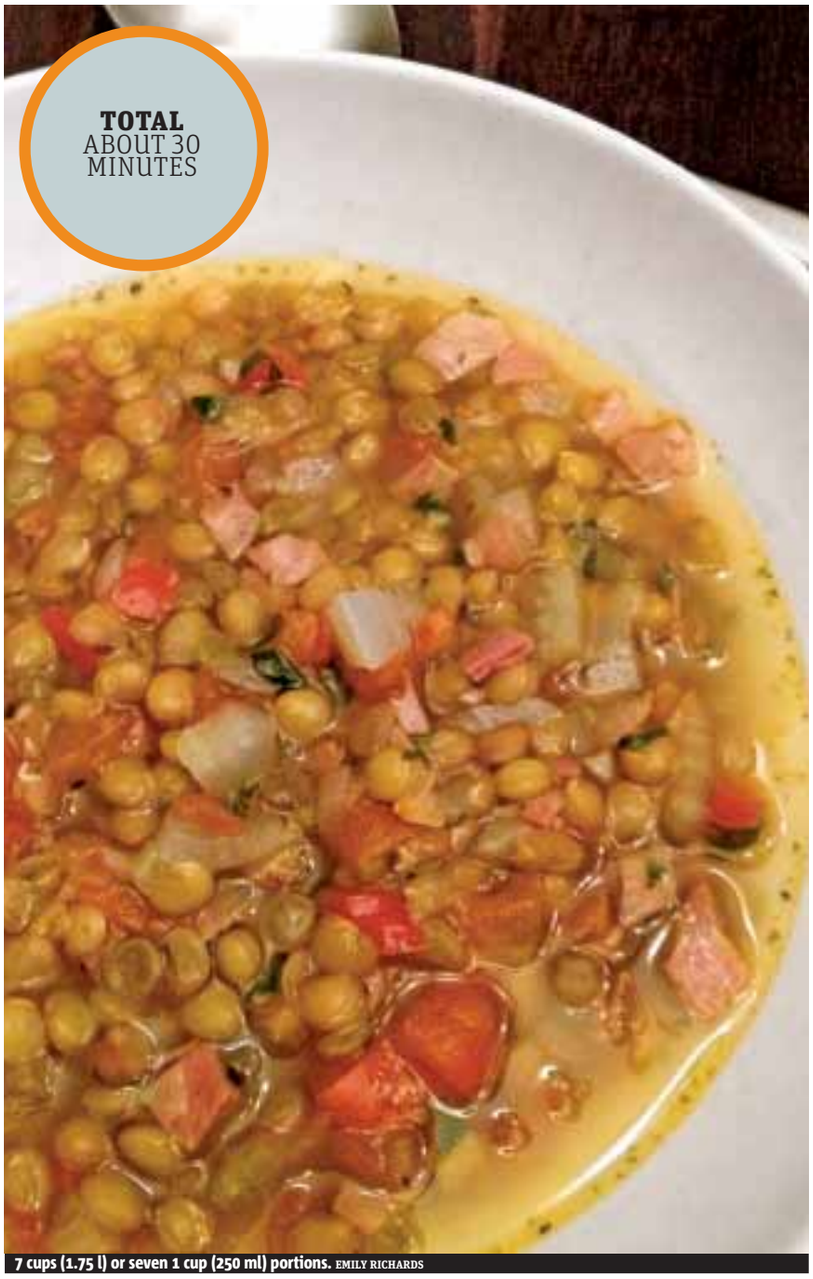
Classes start February 24! Call **519.668.2000** or **www.westerveltcollege.com** to get more information.



7 cups (1.75 l) or seven 1 cup (250 ml) portions. EMILY RICHARDS

Hearty soup is an ode to Canadian-grown legumes

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your stove to your table in about 30 minutes

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

1. In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.

2. Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

Biscuits

Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of them.

1. Whisk together flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.

2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for about 12 minutes or until golden.

Ingredients

Soup

- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

Biscuits

- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

Cooking tips

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.
- You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.
- Store your lentils in a resealable glass jar. Not only will it look great, but you will also see them and use them more often.

Give borscht a rounded body

Borscht is woefully underappreciated in North America. This classic dish is not only a great way to eat a ton of vegetables, it also can be incredibly delicious.

But it generally has a bad reputation. People think of it as a cold, stringy and mostly bland soup. While it can be served cold, that's by no means the rule. And as for the stringy and bland part, no way. Borscht can get a stringy or mushy texture only if it's overcooked.

And if you've had a bland borscht, you just haven't had a good one. The key is to start it off right with a nicely sautéed onion and spicy pork sausage. They add tons of flavour and a great hit of protein that makes this a substantial soup that can stand in as full meal.

Dill and fennel seeds also amp the flavour. Round it out with fresh dill and sour cream, and you'll learn to love borscht.

1. In a large saucepan over medium-high, heat the oil. Add the onion and cook until just starting to brown, 3 to 5 minutes. Add the sausage and cook, breaking it up, until lightly browned, 3 to 5 minutes. Add the fennel and dill seeds and cook for another 30 seconds. Add the stock and bring to a simmer.

2. While the stock heats, fit a food processor with the large grating attachment. Grate the beets. Add the beets and any liquid in the processor to the pan. Bring to a simmer and cook for 5 minutes. Season with salt and pepper. Ladle into bowls and serve topped with sour cream and dill.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 1 lb loose spicy pork sausage meat
- 1 tsp fennel seeds
- 1/2 tsp dill seeds
- 1 quart beef stock
- Three 15-oz cans beets, drained
- Salt and ground black pepper
- Chopped fresh dill, to serve
- Sour cream, to serve

This recipe makes six servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Lightning move quick in trying to replace Phillips

NBL Canada. GM Brown brings in big centre from Power after losing one of the faces of his franchise

DAVE LANGFORD
dave.langford@metronews.ca

It's a sign of the times.

"Back to Back Champions," the London Lightning poster reads, telling the world walking by the east side of Budweiser Gardens that the team won the National Basketball League of Canada title in 2012 and 2013.

But the huge poster also carries the photos of Lightning players Gabe Freeman and Marvin Phillips surrounding head coach Micheal Ray Richardson.

And as of Monday, both the Lightning "franchise" players had left the team, Freeman in mid-December for personal reasons and Phillips on Monday to play in France.

"That's our past, right? The poster on the wall symbolizes the two championships," Lightning general manager Taylor Brown said. "They're part of the franchise, and they helped us build this franchise, both of them did. Our players and our coach are our biggest assets."

Only five players remain from this season's opening-day roster.

Losing Phillips and Freeman could have been devastating if this had been the first years of the franchise, Brown said.

"Our fans have been great. Our fans come to watch the entertainment. They come to watch the players play," Brown said. "Whether (Phillips) is the face of the franchise or not, all of our players are popular with the fans and it's hard to find a guy like Marvin and Gabe, we just continue to try."

Within 24 hours, the Lightning had brought in two players to replace the popular Phillips.

The Lightning obtained six-foot-eight centre Dwight McCombs from the Mississauga Power in exchange for cash considerations. And later Tuesday, they picked up Jermaine Johnson, who was released by the Ottawa Skyhawks.

McCombs, 24, was averaging 14 points and eight rebounds with the Power. He is a product of the University of South Florida. Johnson is a 6-7, 248-pound forward who played for Charleston in the NCAA. He was shooting close to 60 per cent from the floor for Ottawa.

The Lightning face first-place Windsor Express on Thursday night at Budweiser Gardens and then the same two teams play Friday in Windsor.

"I consider (McCombs) the best centre in the league," Brown said. "He's an up-and-coming star. So he will be the inside presence we have been looking for. He is exactly what we needed in light of losing what I consider is one of the best players in the league."

Phillips will be in for a sizeable pay raise in France. Earlier, Jason Forte left the Lighting for greener pastures in France and Curtis Withers left to join a team in South Korea.

"Any time that you lose one of your key guys, it's going to be big," Richardson said of Phillips' departure. "But it's part of the business, and it's a great opportunity for him."

In the community

Aviva Community Fund winner WesForYouthOnline.ca will be handed a cheque for $130,000 at the London Lightning game Thursday night at Budweiser Gardens.

- WesForYouthOnline.ca, serving Walkerton and its surrounding area, is a free and confidential online counselling service founded in memory of Wes Cameron.
- Meanwhile, the Lightning took their sporting act to a different kind of floor Tuesday night, teaming up with kids from Big Brothers Big Sisters to promote the upcoming Bowl for Kids Sake fundraiser, Feb. 16 to 26. The event was held at Palasad South.
- Visit bbbsola.org to sponsor a bowler or register a team for the fundraiser.

The London Lightning are bringing in centre Dwight McCombs from the Mississauga Power to replace Marvin Phillips.
CONTRIBUTED

4 SPORTS

OVERTIME
with Micheal Ray Richardson
Get the inside track on the London Lightning as Metro's Dave Langford chats with coach and former NBA star Micheal Ray, every Wednesday at metronews.ca
metro
metronews.ca

Nesbitt ready to soldier on in Sochi

Winter Olympics.
While her body has been saying no, London speedskater says she's ready to go

Olympic speedskater Christine Nesbitt of London, Ont., is reflected in a television screen as she speaks with reporters in Sochi, Russia on Tuesday. PATRICK SEMANSKY/THE CANADIAN PRESS

Innumerable turns around the oval over a 16-year career have taken their toll on Christine Nesbitt.

The human body, she'll tell you, isn't made for constantly moving in a bent-over position.

Saying she's dealing with "body issues," the Olympic gold medallist has struggled to find her form this past fall. One of the finest female long-track speedskaters ever produced in a country that has churned out some remarkable ones, was finishing well off the World Cup podium.

She was hesitant to delve into specifics about her ailments during a news conference Tuesday — she prefers to focus on the here and now — but she said they were the result of many years in the sport.

"I've been at a high level of competition for a number of years and just speedskating is a very unnatural position," she said. "There's a reason that people don't speedskate for fun recreationally when they're 50. It's just a really hard sport on your body. I love it and it's fun, but when you're telling your body to do something and it's unable to do it ... that's basically what was happening."

The 28-year-old from London, Ont., won gold in the 1,000 metres at the Vancouver Games, and it was after 2010 that her skating career really took off. The eight-time world champion seemed almost unbeatable en route to her No. 1 world ranking in the 1,000 and 1,500 metres in the 2011-'12 season.

But when she should have been rounding into form this past fall for her third, and perhaps best, Olympic appearance, her body betrayed her. She finished seventh and 10th at a World Cup in Calgary in November, and admitted she'd been dealing with tightness in her back, and then finished 12th, 13th, and 15th at a World Cup in Salt Lake City.

Nesbitt was also diagnosed with celiac disease last spring, which is caused by a reaction to a gluten protein found in wheat, and similar proteins found in other grains such as barley and rye.

Nesbitt has a busy schedule in Sochi, racing in the 500, 1,000 and 1,500 metres and the team pursuit at the Adler Arena oval as the leader of a young Canadian squad. She believes, despite the rough patch, she's still in the medal hunt.

"I think that for sure I'm not a favourite I'd say, but if I skate the way that I know how to skate and if I'm confident in myself, I can race to the level that I have raced at in previous seasons," she said.

THE CANADIAN PRESS

Did you know

The clap skate revolutionized speed skating in the mid-1990s, helping lower world records considerably. The skates are hinged to the front of the boot and detach from the heel, allowing a more natural range of movement. The blades are about one millimetre thick and come in lengths from 13 to 18 centimetres.

Ageless wonder

42

Claudia Pechstein of Germany will turn 42 during the Olympics, her sixth. She owns nine career medals and will try for a 10th in the 5,000.

NEXT HOME GAME

VS. WINDSOR EXPRESS

Thursday
February 6th @ 7pm

First 1,000 fans receive
HAND CLAPPERS courtesy of
AVIVA

Presented by NATIONAL BANK

lightningbasketball.ca

Budweiser GARDENS

ROAD TO THE THREE PEAT

FAMILY DAY GAME

VS. BRAMPTON A's

Monday
February 17th @ 2pm

In support of promoting women's health the first 200 female customers will receive ***2 complimentary tickets*** to the Family Day Game courtesy of

SHOPPERS DRUG MART

WOMEN body mind spirit
your health, our commitment. SHOPPERS

To claim tickets & meet the Lightning players visit select*
London Shoppers Drug Mart locations on
Saturday February 8th from 10am - Noon

*Participating Shoppers locations:
Southdale/Wonderland, Fanshawe Park/Hyde Park, Wellington/Commissioners, Dundas/Saskatoon

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Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

Early bird gets the ice on foreign soil

Figure skating. Patrick Chan arrived in Sochi last week so he could work out kinks

On Patrick Chan's first full day in Sochi, he misjudged the length of the walk from his room to the gym, and the length of the bus ride to the rink.

The three-time world champion ended up missing his first practice.

But the 23-year-old from Toronto — and self-professed creature of habit — arrived in Sochi several days ahead of the other skaters to iron out the kinks early, and the decision, he said, paid off.

"It's been quite an adventure," Chan said at a news conference Tuesday. "That was the reason I came early, so that I could get in that routine and make this here in Sochi a training environment for me, so it will be easy for me to start competing and feel at ease and calm on the ice.

"Having those days where I missed the practice, that's where I really learned about time management."

Patrick Chan speaks with his coach Kathy Johnson during a figure skating practice session on Monday in Sochi, Russia. MARK BAKER/THE ASSOCIATED PRESS

His early arrival last Friday also meant he had the ice all to himself for the first couple of days, a "huge advantage" for the skater who hopes to claim Canada's first ever Olympic gold medal in men's singles.

"In my whole career I haven't had a practice on my own in all the Grand Prixs I've been to," Chan said. "Who would imagine at the Olympics I'd have ice on my own? It was a huge help because at the end of the day when I compete I'm on my own, I'm on the ice on my own; there's nobody else on the ice.

"I really enjoyed it, also the fact I could play my music as many times as I wanted."

Chan has been the skater to beat since winning three consecutive world titles. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program and for overall score to finish a whopping 31 points ahead of second-place Yuzuru Hanyu.

THE CANADIAN PRESS

Did you know?

The IOC has added a team competition in 2014 to the familiar medal events of men's and women's singles, pairs and ice dance. Ten countries will take part, combining the scores of their entries in the four disciplines.

West's best

7/10

Russian or Soviet skaters have won seven of the 10 gold medals in the ice dance, but London duo Tessa Virtue and Scott Moir will be on hand to defend their titles.

Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was (a) little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Oullette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Oullette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS

Did you know?

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.

Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

DRIVE 5

Audi A3 is an affordable luxury

PHOTO: WHEELBASEMEDIA.COM

Compare

1 Acura ILX
Base price: $30,000

2 Cadillac ATS
Base price: $37,000

Review. Times have changed: your budget no longer determines your brand

MALCOLM GUNN
wheelbasemedia.com

Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine for the S3 that generates about 290 horsepower.

The standard six-speed automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel.

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock that, during cornering, applies moderate braking to the inside front wheel to reduce the natural tendency to travel in a straight line even when the wheel is turned, called understeer.

For $33,100 (which is about $3,000 less than the Mercedes-Benz CLA 250), the A3 comes reasonably equipped with leather seat covers, a panoramic glass sunroof, bright xenon headlights and Bluetooth short-range wireless networking. Of course Audi will tempt you with an array of options such as a navigation system with unique three-dimensional graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.

2015 Audi A3

- **Type.** Four-door, front- /all-wheel-drive compact sedan
- **Engines (hp)** 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- **Transmissions.** Six-speed automated manual
- **Base price (incl. destination).** $33,100

Design

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheet-metal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

Interior

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

Horoscopes

♈ Aries
March 21 - April 20
You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

♉ Taurus
April 21 - May 21
Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

♊ Gemini
May 22 - June 21
If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

♋ Cancer
June 22 - July 23
Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

♌ Leo
July 24 - Aug. 23
Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

♍ Virgo
Aug. 24 - Sept. 23
Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

♎ Libra
Sept. 24 - Oct. 23
Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

♏ Scorpio
Oct. 24 - Nov. 22
You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

♑ Capricorn
Dec. 22 - Jan. 20
You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

♒ Aquarius
Jan. 21 - Feb. 19
Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

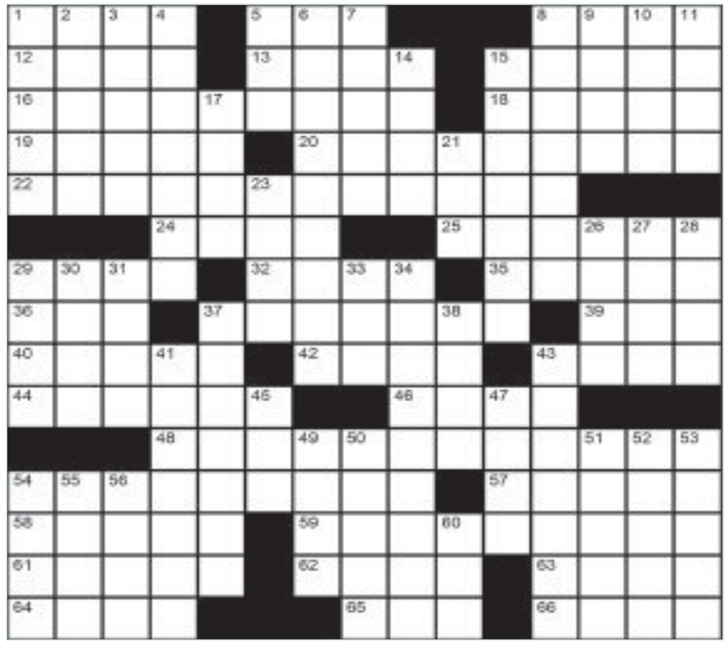
♓ Pisces
Feb. 20 - March 20
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

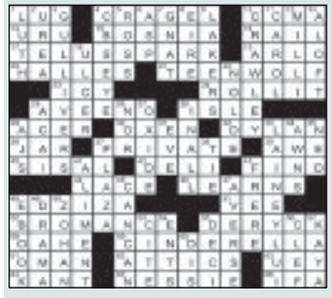
BY KELLY ANN BUCHANAN



Across
1. Berth
5. Electric guitar need
8. Recede
12. Data
13. Rivers: Spanish
15. Ms. Shire
16. Tiny amount
18. Leaves off
19. __ _ letter (Use the post)
20. Royal visit meet-and-greet
22. TV crew pro: 2 wds.
24. "The English word 'or' is known __ '__' in French."
25. 'A' of A-bomb
29. TV clicker button
32. __-dokie
35. Matrikin
36. Chopper
37. Beach Volleyball great, Misty May-__
39. Vintage auto
40. Billy Joel's "__ Man"
42. Intermission, __'acte
43. Model/actress Molly
44. High-__ (Overly energetic)
46. Flemish painter, Jacob van __ the Elder
48. Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olympics: 2 wds.
54. Canadian pairs figure skating greats/ Olympians, Sale and __
57. "_ __ to see the point?"
58. Extraterrestrial
59. Pacific or Atlantic expanse
61. Sky sight
62. Longing-for sound
63. "Yippee!" of yore
64. Mr. Olin's
65. Cake make, Sara __
66. Library furniture piece

Down
1. Bette Midler, The Divine __ _
2. Annually, __ _ year
3. Out __ __ = It's time to get more toner
4. __ Provincial Park in Morpeth, ON; or, form of French poetry
5. Actress Ms. Meyers
6. "Happy Days" city
7. Of the Arctic
8. Southwestern Ontario county where Sarnia is located
9. Assortment
10. 'If you', in French: 2 wds.
11. The Middle __
14. 2010 Angelina Jolie movie
15. __ oven
17. Ancient T's
21. Car company
23. Ricky Nelson's "__ Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency __ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight __ __ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	6	4	8	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

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